Rejection Sensitivity Treatment Plan

Patient information	
Name: Jenny Craig	**Age:** 29
Gender: Female	**Plan start date:** 12/6/2024

Rejection sensitivity history	
Current symptoms:	**Duration/onset:**
Anxiety in social situations. Difficulty handling criticism. Persistent fear of abandonment or rejection.	Symptoms began in late adolescence, approximately age 16.

History of rejection sensitivity:
Longstanding fear of being excluded or judged, exacerbated by prior experiences of bullying and relational conflicts during high school and early adulthood.

Treatment goals	
Short-term goals:	**Long-term goals:**
Develop awareness of rejection triggers. Practice two coping strategies to manage emotional responses in triggering situations.	Reduce overall emotional distress related to rejection by 50% within one year. Build resilience and self-acceptance, improving confidence in social interactions.

Treatment interventions

Intervention	Focus area/s	Description	Remarks
Cognitive Behavioral Therapy (CBT)	Emotional regulation and thought patterns	Weekly sessions focusing on identifying and reframing negative thoughts about rejection.	Tailor examples to patient's social fears.
Exposure Therapy	Social situations	Gradual exposure to situations where rejection could occur, practicing coping strategies.	Begin with low-stakes scenarios.
Mindfulness Training	Stress reduction	Daily mindfulness exercises to stay present and reduce emotional reactivity to perceived rejection.	Recommend apps for guided practice.

Coping strategies		
Coping strategy	**Description/instructions**	**Remarks**
Self-compassion exercises	Practice writing affirming messages to oneself after perceived rejection.	Use journaling prompts to assist.
Breathing techniques	Perform 4-7-8 breathing to calm the body in stressful situations.	Encourage daily practice for familiarity.
Distraction techniques	Engage in a creative activity (e.g., drawing, music) to redirect focus.	Identify preferred activities beforehand.

Medications

No current medications prescribed for rejection sensitivity.

Additional notes

Monitor progress biweekly through patient self-reports and therapist observations.
Consider group therapy options to provide support from individuals with similar experiences.

Healthcare professional: Dr. Sarah Lee **Signature:** Dr. Sarah Lee